

# Aerobic Boxing

Starts May 25, 2010  
8 week course—1 night a week  
Elm Grove Community Center



***Additional Information:***

\$5 fee due each workout night or pay \$35 up front for all workouts. You must be 18 years or older to participate.

*Class will be 1 hour in length. Bring with you to class the following items: 2 one pound hand weights (you can use 16oz filled water bottles if you want), a towel, bottle of drinking water, wear athletic shoes and loose clothing.*

***About our instructor:***

*Alton Jones is a Golden Gloves title holder, has taught boxing for over 20 years, is certified in CPR and has had numerous students achieve the Golden Gloves and some have gone onto professional boxing careers.*

# Aerobic Boxing

May 25 through July 13, 2010  
Tuesdays evenings at 6pm  
Elm Grove Community Center  
1901 North Greenwood Avenue

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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**THIS IS A RELEASE AND INDEMNITY AGREEMENT—READ IT BEFORE SIGNING**

I hereby give up all my rights to sue or make any claim for damages due to negligence or any other reason whatsoever against the City of Fort Smith, Fort Smith Parks & Recreation, the promoters, sponsors and all other persons, participants or organizations conducting or connected with this event for injury to property or person I may suffer, including crippling injury or death, while participating in the event and while upon event premises.

I know the risks of danger to myself and my property while preparing for and participating in the event and while upon the event premises and, relying upon my own judgment and ability, assume all such risks of loss and hereby agree to reimburse all costs to those persons or organizations connected with this event for damages incurred as a result of my negligence.

This is a release:

\_\_\_\_\_  
Signature